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As the end of the year draws closer, notable Ottawa personalities offer their thoughts on our city's future.

METRO OTTAWA STAFF
ottawa@metronews.ca

1

Harley Finkelstein, chief platform officer at Shopify

"Traditionally, Ottawa's tech sector has been mostly telecom and hardware. Now — because of technology and the democratization of technology and entrepreneurship — I think what we're going to see in Ottawa, in the future, is a ton of smaller startups, as opposed to five or six huge employers."



5

Thoughts on the future of the tech sector

Adrian Salamunovic, cofounder of CanvasPop/DNA 11

"I am seeing a groundswell of more creative tech companies as of recently. I think the older Ottawa tech sector is dead, the sort of Kanata-centric telecom switches and Alcatels. I'm not saying those companies are dead; I'm just saying that's not the future, necessarily, of Ottawa. I think we're going to see a shift towards e-commerce, mobile, and creative-type web companies and hopefully more (of) a consumer shift."



5

John Criswick, CEO of Magmik



"My main business focus lately is in the game industry and I find the potential and opportunity for growth in that sector in Ottawa to be huge. The future of tech in Ottawa is in those types of creative sectors."

2

Luc Levesque, founder of TravelPod



"Telecom will be a big part of the local tech scene for a long time, but the reality is that there's tremendous opportunity, disruption and innovation still to come in both Internet and mobile applications. This isn't a skill set Ottawa's typically known for, but that's changing."

3

Bruce Lazenby, CEO of Invest Ottawa



"There are three directions from which Ottawa's tech sector will grow: One is from the existing companies as they hire and do more work here. The other way we grow technology here is bringing in players from around the world who are looking to set up new offices here. The third way is by starting new companies and we've been doing that at a record pace."

4

1 NEWS

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YOU READ IT HERE FIRST: WORLD WON'T END IN 2013, EITHER



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

If you're reading this, congratulations are in order. You made it! The world didn't end last week after all, as had been predicted by the usual sorts of excitable goofballs.

The apocalyptic assumption that Dec. 21 was the world's best-before date seemed to be based on a corresponding "end date" on the Mayan calendar, which might have indicated nothing more to the ancients than it was time to start chiselling a new calendar.

Not only didn't the end times start, but Ottawa's 2012 could have been much worse. Compare our city-wide upset over modest matters like the Highway 174 sinkhole with the scandal-forced resignations of Laval's and Montreal's mayors — or even the long-running one-man comedy revue that is Rob Ford's Toronto — and tell me which city's problems you'd rather have.

Now that we're over that Dec. 21 hump day, it seems we'll have a 2013 after all. To predict what the year will bring, though, is to ask to be humbled by events just as thoroughly as those December doomsayers.

Still, at city hall, they wisely assumed life would go on next year and drafted a budget, so we know a little bit about the road ahead.

Property taxes will continue their slow, steady rise with the smallest increase in six years — if you don't count a hefty hike in property assessments, which will still increase the total many of us pay; an expected seven per cent increase in water rates for 2013, an area excluded from Mayor Watson's 2.5 per cent cap; or the eventual cost of the borrowing that helps keeps those tax rates down.

The low-increase trend is likely to continue next fall when council hashes out its election-year budget. But as always in municipal politics, many cards are in the hands of other levels of government.

A provincial election seems entirely likely in 2013 and that could fry some of Ottawa's best-laid, carefully budgeted plans, especially if a

change in government threatens the continued uploading of social-service costs from the city's books through 2018. The measure is supposed to provide a collective \$1.5 billion in budgetary breathing room for Ontario municipalities, of which they are relying on every cent.

The deficit-haunted provincial government has already announced it will take a bite out of some social-assistance benefits in 2013, and even with an emergency reshuffle of funds in Ottawa's budget to blunt the impact of the cuts, it's still going to be \$2.2 million harder to be poor in the nation's capital.

There's uncertainty, too, at the federal level. The \$33-billion Building Canada Fund, emergency surgery for our cities' clunky infrastructure, expires in 2013. The cities are angling for a new agreement — prominently featuring more money — but the feds aren't exactly feeling awash in cash, either.

In the meantime, the chances of another dramatic infrastructure failure here in 2013, like 2012's sinkhole or 2011's water-main collapse at Hunt Club and Woodroffe, remain reasonably good.

As we scramble to keep our old pipes and roads functioning, we'll also get moving, finally, on light rail.

If all goes as planned with the latter (always a sizeable "if") construction should begin on the first phase of the system. Similar cautions should be attached to its 2018 completion date and \$2.1-billion price tag, both of which are potentially subject to red-faced revision at a later, wiser date.

OC Transpo will also attempt to relaunch the Presto fare-payment system in February, six months after July's aborted debut. We'll see whether glitches with the bus-board units have been fixed, and how well they operate in winter.

Calgary, frustrated by multiple failures of their similar Connect system, is actually ripping units out of their buses and trains. We'll hope to avoid such spasms of buyer's remorse here.

One confident prediction: The world won't end in 2013, either. Whether I'm right or wrong, it's literally the last thing you'll have to worry about.



Congratulations, Ottawa! You survived the end times supposedly predicted by the Mayan calendar. JOERN HAUFFE/GETTY IMAGES

Metro asks: What's your prediction for 2013?



Lis McMillan,
21, Halifax

"It will probably be a lot like (2012). Cold in the winter. Warmer in the summer. Probably a couple superstorms."



Helen Litam, 23,
Richmond, B.C.

"No more (MTV's) 16 and Pregnant people."



Katrina Lat,
20, London

"Walt Disney will be removed from his current cryogenically frozen state, and brought in to help direct Star Wars: Episode 7."



Ali Hancharyk,
27, Winnipeg

"2013 will see popular music deteriorate to the point of solely consisting of just beeping noises and laser sounds."



Lorissa Good,
37, Calgary

"Same-sex marriages will be allowed in more U.S. states once they realize how much money gay people spend on parties."



Kevin Kirouac,
43, Edmonton

"I predict a female, black Prime Minister for the country. It would shock everybody." (Ed's note: shocking since there's no federal election in 2013.)



Pat Mallough,
23, Saskatoon

"We're going to complain about the weather ... gas prices are going to go up, gas prices are going to go down."



Jon Poulin,
28, Regina

"The States legalizing marijuana. And I am excited to see how that would affect our view of things here in Canada."



Jeff Brodawka,
38, Toronto

"There will actually be a more steady growth and a little bit more of a quiet confidence about the economy."

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Wacky weather on tap for 2013

Environment Canada. Climatologist predicts new year will bring another active hurricane season — following a trend of the past 3 years



PHOEBE HO
For Metro in Toronto

Mother Nature has another warm and wacky year on tap for 2013, says Environment Canada.

With the destructive Superstorm Sandy barely off our radars, senior climatologist David Phillips predicts there's more to come.

"I think there'll be weird, wild and wacky weather," he says. "We live in a planet of extremes. It's not just sandstorms in the Middle East — it could be blizzards in Edmonton. We know on a planet of extreme weather. There's no utopia."

Phillips warns Canadians to expect "more hiccups, more body blows when it comes to weather, 'cause we've seen that and there's nothing to suggest that trend will change."

One of the big indicators is



A stop sign stands askew after being blown by Hurricane Isaac on Aug. 29 in New Orleans. Environment Canada climatologist David Phillips predicts 2013 will follow a similar weather pattern as was seen this past year. JOHN MOORE/GETTY IMAGES

the ongoing weather trends. The world has been in an active weather period for the last two decades, says Phillips, especially the last three years, which have seen 19 tropical storms each. With El Nino — a global

climate pattern associated with the warming of the surface water in the Pacific Ocean — hanging on in 2013, creating not just warm weather but also favourable winds, Phillips says, next year will likely be another

active hurricane season.

"The world is warmer, and when you get the warm world, you get more powerful weather," he says.

While he can't predict exactly how many storms 2013 will

bring about, Phillips says one thing's for sure: Don't expect things to cool off in Canada or anywhere else in the world.

The last time the world encountered a colder-than-normal year was 35 years ago,

according to Phillips. Judging from the weather trends, El Nino and the vanishing Arctic ice, he says, it's safe to say it will be another warm year.

"Stick a thermometer in the planet — you're seeing global fever," he says. "I'd be the most surprised person on this planet if in fact it showed that the world is colder than normal.... And as the world goes, so goes Canada. We represent a lot of real estate of this planet."

But whatever happens, Phillips believes Canadians are ready for anything mother nature has in store for this weather-proofed nation.

"Canadians are all expert weather people. We can't get enough weather," he says. "What will we talk about if we didn't have the weather to talk about?"

Quoted

"We live in a planet of extremes.... We know on a planet of extreme weather, there's no utopia."

David Phillips, senior climatologist with Environment Canada

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Lexicography geeks, may we have a word?

What do *derecho*, *obesogenic* and *hen* all have in common? According to the Global Language Monitor (GLM), they are newly popular — or newly formed — words that may become part of the regular vernacular in 2013.

"As soon as a word is used by more than one person, it becomes part of the English language," said Yin Liu, associate professor at the University of Saskatchewan's College of Arts and Science.

An expert in the study of the English language, Liu said getting a word to become an "official" part of the English language isn't as clear-cut as simply adding it to a dictionary. "Often a word has been in use years before it shows up in the printed version of the dictionary," said Liu.

According to Liu, for a word to be considered "official" it has to be traceable. For instance, the word "gridlock" can be traced to traffic workers in New York in the '80s.

Social media has sped up new word development at incredible rates, says Paul JJ Payack, president of GLM. As an example, he brings up the weatherman who online de-

Buzz words

The following words are gaining popularity and may become part of the regular vernacular in 2013. Before casually dropping them in party conversations, find out what they mean:

- **Obesogenic:** An environment that tends to encourage obesity. It has been gaining popularity when describing advertisements that sell sugary, high-calorie snacks to kids.
- **Derecho:** Also known as a “land hurricane,” a sudden storm with extremely strong one-directional winds
- **Hen:** The Swedish word aimed at creating a gender-neutral pronoun to replace him or her

scribed then-hurricane Sandy as a “Frankenstrom,” which was then repeated over 90 million times within a week.

"We estimate about 14.7 new words are created a day," said Payack. **JANE CAULFIELD/METRO**



Paul JJ Payack, chief word analyst at the U.S.-based Global Language Monitor, which analyzes and tracks the latest trends in word usage, says social media has helped speed up new word development. Flicker.com



In this file photo, a Google executive speaks about improvement to Google Instant search engine in San Francisco, Calif. Companies like Walmart are tracking what shoppers plug in to their search bars so they can better tailor and geo-target their marketing and merchandise promotions. JUSTIN SULLIVAN/GETTY IMAGES FILE

They know your type: Tracking real-world trends through Google

Searching for answers.

Companies use search queries for research



ALEX BOUTILIER
Metro in Ottawa

If you come to Google with questions, chances are you're providing answers of your own.

That's because companies can now track consumer intentions based on what shoppers plug in to their search bars. Given the sheer

amount of searches per minute, companies can even isolate data from particular countries, provinces and cities.

Shoppers on Canada's east coast, for instance, aren't as interested in patio furnishings as people in Vancouver until later in the season, ac-

So much we want to know

57.6B

There are 4.8 billion Google searches per month in Canada alone. That's 57.6 billion searches per year.

cording to Walmart's Drew Cashmore.

"It helps us make more educated merchandizing decisions," said Cashmore, Walmart's director of digital marketing.

"If we know that a particular TV is going to be hot this season, we'll work towards pushing that specific item or brand."

Cashmore said the retail giant is surprisingly nimble at adjusting to the data mined through customers' searches, tailoring messaging and promotion.

There are limits to what information can be gleaned

from internet queries, however. During the last Canadian election, Dr. Anatoliy Gruzd and his team at Dalhousie University's Social Media Lab attempted to use tweets and Facebook posts to assess who would win.

"We tried to match the data to the other polls, the general polls," Gruzdev said in a November interview with Metro News. "(But) not everybody is using social media."

Because the sample was skewed towards a young and technology-addicted population, the data could not compete with traditional forms of polling.

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The future of endangered species

The losers

Narwhal

Narwhals, called the "Unicorns of the sea" due to their long, sharp tusk, feed deep under packed arctic ice, which provides them shelter from predators. Less ice means less defence.



With 2012 seeing the largest mass of summer ice melting in the Arctic in modern history, it's no surprise experts predict more of the same for 2013. The melting ice has implications for some of Canada's most threatened species. Metro spoke with World Wildlife Fund scientist and researcher Pete Ewin, who said there will continue to be winners and losers in the global-warming species game.

ELISHA DACEY
Metro in Winnipeg

Polar bears

Polar bears are hugely dependent on sea ice for their food supply. Less ice means fewer chances of fattening up on ringed seals, their primary food, which keeps them nourished the rest of the year around. Ewin said polar bears will eventually be found only further north, and have been eating more seaweed and kelp in recent years to keep their bellies full.

Ringed seals

Warmer waters and less ice mean fewer resting places for the ringed seal. Ringed seals usually pup on large ice floes and spend most of their lives in contact with ice or icy waters. Smaller ice floes keep these solitary animals from spreading out like they're used to doing.

The winners

Killer whales

Considered a threatened species, killer whales are making a comeback in areas with warmer temperatures and warmer waters. Warmer waters in the north mean killer whales will be found with more frequency in northern climates.



Other seals

The decline of the ringed seal will mean more food for other types of seal. Harp seals, which like colder waters but not ice, may move in, affecting the diet of other animals and the Inuit, many of whom rely on ringed seals for food.

Some salmon

Different species of salmon used to warmer waters will start to replace others. This will also bring killer whales closer, as their primary food source is salmon.

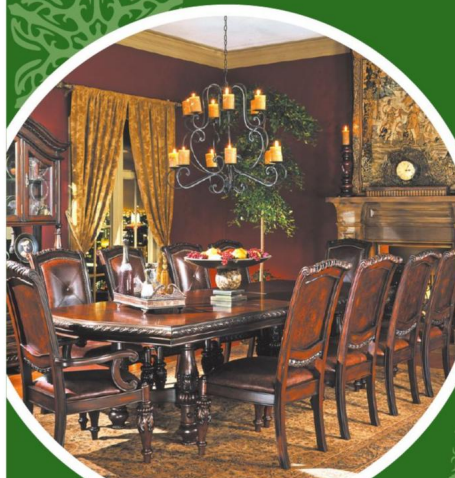
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10 things forecast to happen in 2013



Obama's second inauguration will see yet another inspirational speech by the President, but can he inspire the U.S. economy to recovery? GETTY IMAGES

Jan. 21: Four more years

Barack Obama is sworn in for a second (and final) term as President of the United States. Inauguration Day begins with a church service, after which the President and his family travel to



Capitol Hill, where the Chief Justice of the Supreme Court will administer the oath. Obama will then deliver his Inaugural Address. The day ends with inaugural balls.

Feb. 10: Year of the Snake

Chinese New Year begins the Year of the Snake. According to Chinese astrology, a person born in the Year of the Snake is very wise and can be a theologian, as well as a smart banker. She also has good taste in food and fashion but is not frivolous. Sounds like a good year to have babies.

March 20: UN says be happy



First-ever International Happiness Day. The day, sponsored by the UN, is the latest move towards establishing happiness as a key factor in comparing nations. A number of countries, including Britain, now have official National Happiness indexes. The Smiley emoticon, meanwhile, celebrated its 30th birthday in September 2012.

March 21: Closure of Alcatraz, 50 years ago



Will Sean Connery be back? Fifty years ago, Alcatraz closed. The world's most famous prison (known as "The Rock") housed America's most infamous prisoners, including Al Capone. Thirty-six escape attempts were made from the prison island, but none are known to have succeeded. Sean Connery's character in the movie, The Rock, succeeded, however.

June 14: Open race in Iran election



Iran holds presidential elections. Firebrand Mahmoud Ahmadinejad has served two terms as President and is ineligible to run again. So, the race is wide open, with analysts reading the tea leaves to see which candidate Supreme Leader Ayatollah Ali Khamenei will support. The outcome of the election will be closely watched by the world as Iran is currently on a confrontational course with the international community over its nuclear program.

June 29: Ready, steady, cycle



The Tour de France begins today, dramatically scrubbed of the memory of Lance Armstrong, who's been stripped of his seven Tour wins over doping allegations. Bradley Wiggins, the Brit who won the race in 2012 and the 2012 Olympic gold in the road time trial, has turned down the chance to defend his title, agreeing instead to support his team-mate Chris Froome's bid for glory.

July 1: EU welcomes Croatia



Croatia becomes the 28th member of the European Union. Its neighbour and on-and-off foe, Serbia, is still negotiating membership. And Turkey will make a renewed push for EU membership starting on this date, when Lithuania takes over the rotating EU presidency.

September: Merkel faces vote



Another victory for the Iron Chancellor? Germany goes to the polls in parliamentary elections. While Angela Merkel remains popular in terms of personality, her coalition government may

not survive the election, as the Liberal Democrats, the junior partner, are languishing at 4 per cent of the vote in polls. Merkel's CDU gets 36 per cent, compared to 30 per cent for the Social Democrats. The Pirate Party is also running, as are the Greens.

Nov. 14: Charles turns 65



Even though he's now retirement age, heir to the British throne Prince Charles may have to wait for yet some time to become King. At age 86, his mother, Queen Elizabeth II, remains in good health. The Queen's mother lived to be 101 years old.

Nov. 22: JFK remembered



50th anniversary of the assassination of U.S. President John F. Kennedy. JFK was killed

by gunshots while visiting Dallas. Lee Harvey Oswald, an American who had moved to the Soviet Union, was arrested, but was killed by nightclub operator Jack Ruby before he could stand trial. Mystery still surrounds JFK's murder. The anniversary will be commemorated in Dallas.

ELISABETH BRAW/METRO WORLD NEWS

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These countries make headlines around the world. They face civil unrest, displaced civilians, and even the possibility of nuclear war. Metro asked Matt Ferrell, a political-science professor at Fanshawe College in London, Ont., to help predict what the world's newsmakers might look like in 2013. Here is a brief look at some of the world's hot spots and the possibilities they might meet in 2013

ANDREW SERCOMBE
For Metro

Syria

What is the issue? Between 2.5 million and three million people have been displaced by civil conflict that erupted in March 2011.



Future best-case scenario: Current Syrian leadership steps down, allowing oppositional groups to coalesce and put together a functioning government.

Future worst-case scenario: Civil conflict continues and escalates. Russia and China, who support the leadership in Syria, stall international intervention and protect the current Syrian government.

Probable scenario: With the support of Russia and China, the Syrian government continues a war against oppositional groups, stalling the country's development and its aid to displaced citizens.

5

hotspots to watch in 2013

Iran

What is the issue? Iran's pursuit of nuclear weapons could provoke an attack from Israel.

Future best-case scenario: Diplomatic resolution.

Future worst-case scenario: Israel launches pre-emptive nuclear strike against Iran. The United States — Israel's main supporter — is forced to become involved.



Probable scenario: Iran's military continues to possess more political control than the country's government. Iran continues to pursue nuclear weapons despite an international push for more sanctions.

Libya

What is the issue? Militia groups are overrunning a dissolving central government.

Future best-case scenario: Civil society triumphs. The central government is able to reinstate its power, and the country is able to restore democracy in place of the extremist groups.

Future worst-case scenario: Factionalism persists and internal conflict between the many mini-governments fighting the central government destroys the country.



Probable scenario: Civil unrest continues as militia groups struggle for power with the central government.

Afghanistan



What is the issue? Security in the country is very poor. Afghanistan's government struggles to protect civilians from military conflict between American forces and the Taliban.

Future best-case scenario: The United States removes troops from Afghanistan by 2014, and the government is left stable and functioning.

Future worst-case scenario: Conflict continues between the Afghan military and Taliban. The government dissolves, and Pakistan enters the conflict, supporting the Taliban.

Probable scenario: The United States will withdraw in 2014. Afghanistan will be left a divided country. On paper the mission will appear a success, but in reality the country will still suffer from conflicting factions.

North Korea

What is the issue? Too much of the North Korean government's budget is invested in the military, rather than infrastructure development, leaving the country with a low domestic product.



Future best-case scenario: China acts as peacemaker between North Korea and South Korea. North Korea installs more moderate leadership.

Future worst-case scenario: The conflict between North Korea and South Korea escalates, forcing international intervention.

Probable scenario: New North Korean leader Kim Jong Un continues the policies of the past.

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10 people to watch in 2013

William and Kate

With a baby on its way in the summer, the royal couple will dominate the news throughout the winter and spring. Indeed, since celebrity babies are manna from heaven for the media, they'll dominate the news throughout the year. And they'll single-handedly keep tabloids afloat, not to mention the bookmakers, who are already reporting a betting frenzy on the baby's name. Top odds so far are for Mary, Elizabeth, Victoria, John and George.



Rupert Murdoch



The "Dirty Digger" has had a rough time as of late. Britain's hacking scandal forced him to publicly apologize — and close his News of the World tabloid. And now he has closed his tablet newspaper, The Daily. But the 81-year-old is used to punching back.

Sepp Blatter

With racism and corruption in soccer presenting an ever-growing problem, the most powerful man in world sports is under scrutiny. And with the 2014 World Cup in Brazil around the corner, Blatter has to act soon to clean up the game's ugly image.



Vladimir Putin



Never one to stay out of the public eye, the Russian president has surprised the public by not staging any recent photo shoots. Watchers debate whether he's suffering from serious illness. Or, having recently fired two government ministers, is he simply busy cleaning up the country's corruption?

Arthur Mutambara

The new Mugabe? In March, Zimbabwe holds parliamentary elections — and if they're free and fair, voters are likely to boot out veteran leader Robert Mugabe. People may turn to Mutambara and his party, the Movement for Democratic Change-Mutambara faction.



Peer Steinbrück



The anti-Merkel. German Chancellor Angela Merkel needs an opponent in the parliamentary election, so the Social Democrats have recruited veteran government minister Steinbrück. And, given that Merkel's coalition is down in the polls, Steinbrück could become Germany's next chancellor.

David Beckham

The soccer veteran is leaving LA Galaxy, but where will he go next? Rumour has it that Beckham is headed for France — that country would certainly be the best option for wife Victoria's growing fashion business. Alternatively,



he could become a full-time underwear model, or even an actor.

François Hollande

The French socialist made headlines as the winner of France's presidential election. But now he's been in the news mostly on account of the battle between ex-partner Segolene Royal and current girlfriend Valerie Trierweiler. In 2013 Hollande has to act decisively to restore his credibility.



Michelle Bachelet

Chile's first female president, now leader of the world's female population at UN Women, may return to politics by entering the 2013 presidential race in Chile. If she wins the election, this personable ex-doctor is poised to become Latin America's Angela Merkel.



Lady Gaga

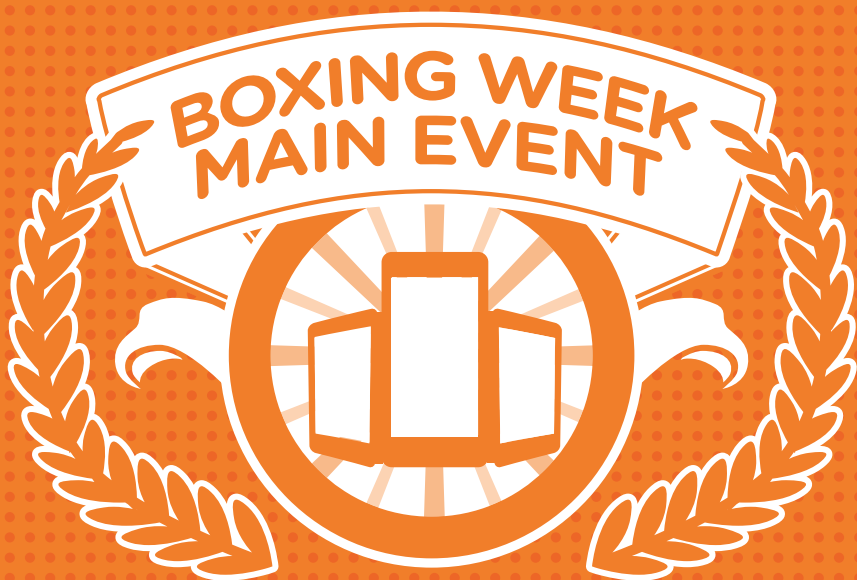
In 2012, long periods of time went by without any news from the often-controversial international pop sensation. If it continues like this, she'll soon lose her crown as the most followed on Twitter to rival popstress Rihanna. Stay tuned for more outrageous dresses.



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EXPECT THE UNEXPECTED

Metro asks two psychics to tell us what's coming up next year in entertainment, sports and politics. First up is Psychic Nikki, a Toronto-based clairvoyant who says she predicted Hurricane Sandy, Barack Obama's first presidential win and the Tom Cruise and Katie Holmes split.



LISA WILTON
ottawa@metronews.ca

What's in store for some big-name celebrities and celebrity couples?

Brad Pitt and Angelina Jolie will marry, and I see another child. But she has to watch her health.

Jennifer Aniston will have a child, or at least pregnancy and a marriage. But I also see another man besides (fiancé) Justin Theroux.

I see a marriage for Kim Kardashian.

Taylor Swift has to be careful around transportation. I see a handsome cowboy type around her, possibly business and romance combined.

(The Duke and Duchess of Cambridge) may have a set of twins in the future.

Jessica Biel and Justin Timberlake may have a kid, but their marriage is doomed in the future when one of

Obama's reading

"He is in extreme danger during the next four years and he may not finish his term."

Psychic Nikki, on U.S. President Barack Obama's political future

them has a roving eye.

Justin Bieber will do more acting. There could be a sitcom. He has to be careful of fast cars or red ones.

Helen Hunt will be nominated for an Academy Award for The Surrogate and Keira Knightley for Anna Karenina. Meryl Streep may be nominated again. Daniel Day-Lewis will be nominated for Lincoln and Sir Anthony Hopkins could also receive an Oscar nomination.

How will the political landscape change in the next year?

Prime Minister Stephen

Harper will work well with the American president, but there could be a crisis where he is tested. He also has to watch for danger.

(U.S.) President (Barack) Obama will try to turn the economy around, but it will be hard with all the natural disasters coming.

U.S. Vice-President Joe Biden has to watch health and danger also. He could be replaced, maybe by a woman.

It will take a long time for the economy to pick up because of natural disasters and potential terrorist attacks, and wars in the Middle East and Asia. But there could be a gold rush in Canada.

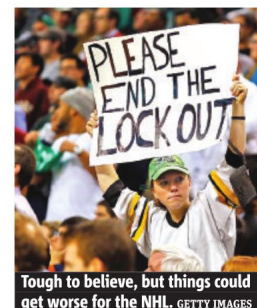
So, what are these natural disasters you speak of? Should vacationers avoid certain areas in the next year?

I see a lot of earthquake activity on the West Coast of the United States right up to British Columbia and Alaska.

There will be earthquakes in the Middle East, China and Japan. Also Mexico, South American, New York City, Quebec, Virginia, Washington and Tennessee. I would try to avoid coastal areas.

What are your sports predictions?

I see a famous Formula One driver being killed in a fiery crash and I think there will be a sex scandal in the NHL.



Tough to believe, but things could get worse for the NHL. GETTY IMAGES

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SWIFT PREDICTIONS

Calgary-based clairvoyant Kim Dennis, seen at left, is a regular guest on TV and radio programs. She gives Metro her vision of the year ahead.



CONTRIBUTED

On Jennifer Aniston and Justin Theroux: I think they'll probably get married. I think she's found the one. I think there might be twins.

On Taylor Swift: The thing with Taylor Swift is she shouldn't be settling down with anyone right now. She's supposed to be dating in her twenties. I think it's just people's perception that

she's always heartbroken. She's taking her time finding love. I think she'll fall in love this year at least twice. I think she's right on track. She's doing what she's supposed to be doing.

On Justin Bieber: I think he'll be a legend like Donny Osmond. I think his success will continue to soar.

On politics: Calgary Mayor Naheed Nenshi will get in again. He'll be mayor for a while.

Justin Trudeau will win Liberal leadership, but I don't see him becoming prime minister. I think Stephen Harper will get elected again. Quebec won't

separate. There will always be a group who wants to, but the province will stay in Canada.

Other predictions: I think (Ugandan war criminal) Joseph Kony will be caught.

Something's going to rock the Catholic Church. I know they've had lots of controversy, but it might be something that brings it to its knees. I think somebody big, like a monsignor, will reveal something that will shake up the Catholic Church. I think there will be a tsunami just after Christmas. I see the South Pacific, maybe around Australia.

LISA WILTON/FOR METRO





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Talking tech predictions for 2013

Technology continues to evolve at a rapid pace and there are no signs it will slow down anytime soon. 2013 will usher in a new wave of products and consumer technology. Here are a few tech trends you can expect to see in the coming months

MIKE YAWNEY
For Metro



Fuel-cell chargers

Recharge your gadgets over and over again without plug-

ging them into a wall socket. Forget oversized batteries used in most portable chargers, as fuel-cell chargers use water, or in some cases lighter fluid, to charge your favourite gadgets up to 14 times. Need more

juice? Simply refill the charger with fluid to reset the charging process.

3-D printing

Create custom jewelry, smartphone cases and even small toys in the comfort of your own home. 3-D printing technology has been around for a few years, but the equipment and supplies have been expensive. All signs now point towards a massive push to the consumer market in 2013. Download a template, press print, and wait while your project comes to life right in front of your eyes.

OLED TV

Each year television displays get thinner and thinner, but this could be the year they finally become paper-thin. Last year at the annual Consumer Electronics Show in Las Vegas, both LG and Samsung showed amazing OLED (organic light-emitting diode) panels. These stylized TVs were beautifully designed, boasted rich colour and were a mere 4 mm thick. Despite promises they would hit the market in 2012, it never happened.

Cloud-based gaming

Play video games without shelling out big bucks for a high-end gaming console. Cloud-based games are run on remote servers and are streamed to your home. Since the servers do all the heavy lifting, you can run the games on virtually any device such as a television or tablet. You never have to worry about outdated hardware. Microsoft and Sony are both said to be looking at the technology for their new consoles, which are expected to be announced in 2013.

Ultra high-definition TV

Think your high-definition television has a beautiful picture? Just wait until you see what's around the corner. Manufacturers such as Sony are launching 4K TV, which puts current high-definition sets to shame. Imagine four times the resolution than your current HDTV. I've seen these new sets and I've got to say the picture is jaw-dropping, but so is the price.

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Technically speaking

A top trend

Rise of digital media receiver



Over one million U.S. cable subscribers ended their subscriptions

in 2011, and the trend is expected to continue thanks to more people picking up digital media receivers by companies like Roku and Apple. With these "boxes," users can use streaming services like Hulu Plus, Netflix and Amazon Instant video to watch whatever they want, whenever they want.

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METRO WORLD NEWS

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HE SAYS...
John Mazerolle
metronews.ca

Journalism has come a long way since the days when we all wore hats that said "Press" and drank whiskey at our desk. Now we wear hats that say "Internet" and drink Jack and Coke Zero at our desk.

We've come a long way, baby.

There have been many changes in the way we collect the news, too. There was a time when the public wanted — and the media delivered — complete, accurate information at the end of the working day, while the kids removed Dad's slippers and Mom made meatloaf.

But now Mom and Dad live apart and the kids are busy sexting, so to fill the gaping void in your life you fill the hole with news, news and more news, every minute, day and night.

Even stories like the Ikea monkey get updated as quickly as possible, because we in the media don't want to look like fools with an out-of-date story about a monkey in a coat.

We will be coming to you live from the Ikea parking lot, dammit, and if the monkey flings some feces, you will hear about it before it hits the ground. That's our solemn promise to you.

This speed has occasionally led to what some may call errors, such as when we kill off people who aren't dead yet. But the fact of the matter is those people will some day be dead. We've only been giving you a heads up. You're welcome.

With that in mind, I've noticed that some of my media colleagues have stuck to their tired old ways by writing a Year in Review. That is so 2012.

Instead, I bring you the 2013 Year in Advance. Here are the stories that will happen next year, before they've happened.

- **Jan. 11:** NASA scientists announce a major breakthrough when the Mars Curiosity rover finds itself. "I want to be a painter," the machine declares.
- **Feb. 5:** Inspired by seven-time Tour de France winner Lance Armstrong's example, Rolling Stones guitarist Keith Richards also denies drug use.
- **April 9:** According to a new report, the Harper government ***** in ***** the **** transparency.
- **May 15:** Avril Lavigne throws Nickelback into disarray when she teaches fiancé and lead singer Chad Kroeger a new chord progression. Other band members say her "crazy ideas" are threatening to "Yoko Ono" the band's singular sound.
- **Sept. 30:** Meteorologists change the naming system for hurricanes to better reflect reality. Hurricane I Am a Direct Result of Global Warming causes major damage to the U.S. coastline, yet fails to breach the Republican consciousness.
- **Oct. 9:** Will and Kate Plus 8 debuts on the Royal Life Network, as monarchists devour the latest news from Georges I through VIII.
- **Nov. 4:** Toronto Mayor Rob Ford's new 700-page memoir, *The Broken Republic: A Treatise on Debate and Democracy*, from Plato to the Paris Convention, is hailed as a masterwork of the genre.
- **Dec. 15:** BREAKING NEWS — Ikea monkey has died, Twitter confirms. Oh, wait, he was only asleep. But sources say he will die eventually. You're welcome.



2013 will be the year that media outlets bring you the news before it happens — including round-the-clock coverage of the Ikea monkey.

BRONWYN PAGE/HANDOUT/THE CANADIAN PRESS

Who are we to block the sun?



JOE RAEDLE/GETTY IMAGES

Geoengineering

Scientific solution to global warming

A record loss of Arctic sea ice and faster-than-expected melting of Greenland's ice cap made worldwide headlines in 2012, but research published in major science journals suggests warming in the North doesn't have to continue from 2013 on.

Scientists theorize that injecting reflective particles of some kind into the high atmosphere could reduce the amount of sunlight reaching the Earth's surface and compensate for the greenhouse effect.

THE CANADIAN PRESS

Ethical question



"The really hard questions here aren't mostly technical. They're questions about what kind of planet we want and who we are."

David Keith, a Calgarian and professor of applied physics at Harvard University. Keith said any significant nation in the world has the technological capacity to facilitate a drop in the Earth's temperature.

THE CANADIAN PRESS

Save it for an emergency

Cooling the Earth could be a bad idea

In a world that seems unable to come to grips with carbon-dioxide emissions driving climate change, manipulating the Earth's climate to cool it down has some calling geoengineering a bad idea.

The professor behind the idea, David Keith, believes emissions should be cut, and he doesn't advocate such a plan, at least not yet.

He suggested geoengineering may be a viable response to a "climate emergency" — a sudden collapse of ice sheets or a killing drought. THE CANADIAN PRESS

Debate heats up

- The UN has ruled out geoengineering.
- Peter Mooney of the Ottawa-based Etc Group, an environmental technology watchdog, is skeptical of anyone's ability to manage geoengineering.
- "The governments who screwed up in the first place can't be expected to take something like planetary systems management and do a better job of it," he said.

ebooks

2013 is no time to toss the cookbook in the trash

While ebooks have been exploding in popularity in recent years, scholars, chefs and those who just love to tool around in the kitchen say it's not time to stick a fork in the physical cookbook just yet.

Trend watcher Christine Couvelier, who recently passed the 3,000 mark in

her cookbook collection, thinks the print format isn't going anywhere, though she also enjoys such innovations as the video clips used with recipes, and stories in publications like Martha Stewart Living that she reads on her iPad.

"There's something about experiencing a cookbook the way the author designed it so the right format is there," said the Victoria-based chef, who noted that some readers reformat cookbooks.

THE CANADIAN PRESS

Paywalls

Newspapers go back to the future

Whether they're lauded as the future of online media or labelled a scourge on the flow of digital information, opinions abound on the rise of paywalls in Canada, and the conversation is only going to get louder. One frequently cited example of such success is the New York Times, but observers caution that the paper is an "elite" product. Some Postmedia papers

— including the Montreal Gazette, the Ottawa Citizen and the Vancouver Sun — have been experimenting with paywalls this year. The company plans to put the rest of its newspapers behind a paywall in early 2013.

The Globe and Mail launched its much-anticipated paywall recently, and the Toronto Star, which boasts the highest circulation in Canada, will also be watching the evolution of its audience very closely once it puts up a paywall in 2013.

THE CANADIAN PRESS



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14k	\$23.52/g
10k	\$16.78/g
9k	\$15.13/g
Unstamped Gold <10kt	\$12.91/g
Dental Gold (white)	\$10.08/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,555.49
Gold 10 ounce (Recognized)	\$15,471.25
Gold 1kg (Recognized)	\$49,740.05
Gold bars, less than 1 ounce (Recognized)	\$49.75/g
999 Gold bar (Unrecognized)	\$48.40/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$31.24/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.62/g
Stamped Sterling Silver Jewellery	\$0.58/g
Mexican Silver stamped 925	\$0.49/g
Stamped 800 Silver	\$0.48/g
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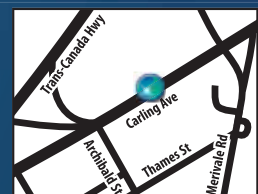
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From aggressive women to quiet men to androgynous rappers, the new year looks promising

PAT HEALY/EVE HYMAN/CHRIS LEO PALERMINO
Metro World News



Savages

One of the biggest buzzes out of this year's CMJ Music Marathon in New York City was Savages, four London women whose punctuated attack on every song is every bit as vicious and thrilling as their name implies. Gemma Thompson plays guitar like she's the runaway teenage daughter of The Edge. Yes, she learned a lot from her old man, but she's still rebelling against him with the way she draws abrasive and occasionally atonal sounds out of the instrument. It's not easy to make out the subject matter coming from singer Jehnny Beth, but it's unmistakably angry, as she flails about like every convulsion is choreographed to the beats of drummer Fay Milton, who just wails on her kit. Holding down all the chaos is bassist Ayse Hassan. The sound is post-punk (sounding like a cross between Joy Division and the aforementioned early U2 thing). They've officially released a single and a live EP, but expect an LP in the first part of 2013. **PAT HEALY**

5

Bands to listen to in 2013

Mykki Blanco

Mykki Blanco, the alter ego of Michael Quattlebaum Jr., mixes a helping of tribal beats with her radical rap. The solo artist follows in the nontraditional path of recent indie hip-hop a la Odd Future, successfully dipping into punk and electro while retaining individuality. Her profile is bound to go up in the early months of 2013 with the slow and steady reception of praise she is receiving from her November-released album, *Cosmic Angel: The Illuminati Prince/ss*. **CHRIS LEO PALERMINO**



Night Beds

Winston Yellin has the sort of voice that could quiet a huge room. It's not necessarily the Fleet Foxes/My Morning Jacket airy style of delivery that's so effective as much as you can just tell that this is somebody who is saying something that he feels deeply, and there's really nothing much more contagious than that. If his song *Even If We Try* is any indication, his album, *Country Sleep*, which will be out on Dead Oceans in February, is going to be a stunner. **EVE HYMAN**



Little Green Cars

The hook for this Irish band's recent single, *The John Wayne*, is "it's easy to fall in love." And with LGC's simple and authoritative harmonic songs, it really is easy. They can weave their voices together as beautifully as any esteemed practitioner of the traditional music of their homeland, but they combine it with a crushing angst and the joy of rocking out. The band are expected to deliver a full-length in the early part of the year. **PAT HEALY**



Deap Vally

Considering the oversaturation of bleeps and bleeps lately, Joan Jett-esque grrl rock duo Deap Vally are a welcome change. Skimpy, sequined outfits, long hair and heavy rockin' are the name of the game for these L.A. women who are already signed to Island Records and have recently been opening for Muse in Europe. Throw on your jean jacket and get down with Lindsey Troy's raspy vocals. **CHRIS LEO PALERMINO**



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Cupid, draw back your bow

After reading some tea leaves, shuffling a virtual deck of tarot cards and participating in a séance with an extra from a Kevin Bacon movie (that guy was just seven degrees of separation from every star on the planet), we've divined several fantasy couples the paparazzi will be all over in the new year.

MIKE DOJC
life@metronews.ca

Jennifer Lawrence & Justin Bieber

Sorry Selena Gomez but Bieber is a young buck and he is going to sow his oats. After they call it quits again, he'll cavort with a few models, play the young Hollywood field and then get nostalgic for the good old days when he was half of a glamorous power couple. And the mere sight of the Biebs walking down the red carpet with the Hunger Games hottie on his arm might just start a teenage riot. On their first date Jen can show her new beau how to string a bow, and the Boyfriend crooner can reciprocate by styling her hair.



Leonardo DiCaprio & Yvonne Strahovski

Leo certainly has a type: blonde tressed, luscious lipped, S.I. Swimsuit calibre model with legs that go on forever. Aussie stunner Strahovski (Chuck, Dexter) hits all those marks and she'd also make an exquisite addition to a "I canoodled with DiCaprio" calendar, fitting right in with former flames Gisele Bündchen, Bar Refaeli, Erin Heatherton, and Blake Lively.



Gerard Butler & Heidi Klum

With Seal now out of the picture, there are plenty of A-list fish in the sea raring to nibble on the Project Runway host's manicured toes. But Heidi knows what she wants so choosing a man is as easy as deciding whether to wear Cavalli or Versace. While Klum's been carrying on with her bodyguard, she'd scotch her security detail with benefits to make schnitzel with this leading man.

Danny DeVito & Lady Gaga

After splitting from Rhea Perlman, his wife of 30 years, DeVito (It's Always Sunny in Philadelphia) sets his sights on a less age appropriate amore. The timing couldn't be any better for the pop singer known for her unhinged fashion sense either. Gaga could really use a high profile fling even if it turns into a bad romance. Maybe she can even land a part in Triplets, the long awaited sequel to 1988's Twins.



Amy Poehler & Jamie Foxx

After parting ways with hubby Will Arnett this past fall, Poehler (Parks and Recreation) is looking for a new funny man to light up her world. The smooth talking Foxx, who plays the president in White House Down and a freed slave in Django Unchained, is just what the doctor ordered to get sassy Poehler back in the relationship game.

And who is the next soon-to-be splits?

While Kim K and Kris Humphries' mere 72-day-union may be difficult to beat, here are some candidates well worth drafting in the first round of your 2013 celebrity break up pool.

MIKE DOJC, METRO WORLD NEWS

Avril Lavigne & Chad Kroeger

Prediction: Chad will go ahead and make things so complicated ... with the wedding planning. His insistence on hiring a pyrotechnic coordinator, an arctic fox wrangler and an 'I do' mic check man all in a vain attempt to prevent reporters from writing "this was even blander than a Nickelback show" in their wedding reviews will backfire.



ALL PHOTOS GETTY IMAGES

Brian Austin Green & Megan Fox

Donna's boyfriend on Beverley Hills 90210 must pinch himself every morning when he wakes up and comes to the realization that he's in bed with Hollywood's most ogled actress. Green is flexing his previously underutilized comic muscles in his latest gig as the lead singer on Wedding Band, a TBS sitcom. Meanwhile Fox's cleavage steals the trailer to Judd Apatow's This is 40. Both roles may be career altering, creating the kind of festering inequity and resentment that leads to break ups.



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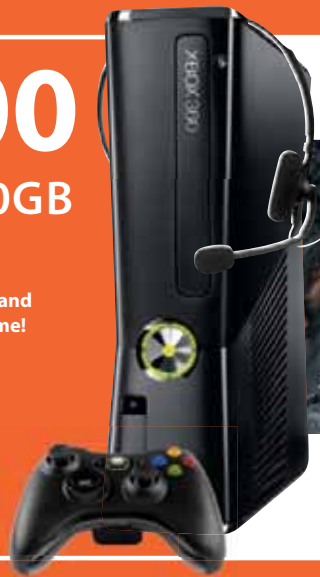
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Celluloid Soothsayers

On the eve of the 21st century's Bar Mitzvah, we dissect three films that were set in 'future' 2013. Maybe it's the pall of unluckiness associated with the number 13 in Western culture, but dystopian scenarios were the consensus.

MIKE DOJC

scene@metronews.ca

Escape from L.A. (1996)

Sneaky Snake Plissken, Kurt Russell as a monosyllabic scowler with an eyepatch and a permanent five-o'clock shadow, is charged with retrieving a doomsday device from Los Angeles, a city converted into a massive prison colony after a devastating earthquake separated it from mainland California. **Prediction:** John Carpenter imagines a fascist America where the constitution has been shredded. Smoking and red meat are verboten, all marriages must be approved by the department of health and wave goodbye to freedom of religion too. **Reality:** California's coffers have been savaged. Governor Jerry Brown came into office last year saddled with a crushing \$28 billion budget gap, the weight of which threatens to turn the residents of this financially underwater state into debt slaves paying sky-high taxes. **Verdict:** While the San Fernando Valley may not be surfable, it is drowning in red ink.



District 13: Ultimatum (2009)

Damien and Leito are back for another parkour-fuelled adrenaline ride. This time they're defusing a civil war that is breaking out between the five gangs living in D13, the walled-in Parisian ghetto from the first flick. **Prediction:** Parkour will become de rigueur on the urban street, with gangbangers turning rues into their personal jungle gyms. **Reality:** Free-running spring-legged Frenchmen vaulting, climbing and freewheeling over everything in their path is a far less common sight on the streets of Paris than sad-eyed mimes or young lovers locked in the country's vaunted kissing style.

Verdict: Sure, parkour may not be the new skateboarding, but you do see a lot more of the kinetic art form on network television.



The Postman (1997)

Kevin Costner, always a sucker for pretentious, lengthy epics à la Waterworld, couldn't resist starring as a post-apocalyptic superstar in this 177-minute snoozer. **Prediction:** Resuscitating a defunct postal service is key to bringing hope back to a bedraggled society. **Reality:** While all-out nuclear war doesn't appear to be on our doorstep, postal services the world over are certainly hurting as mail volume drops and the USPS is fathoming closing more offices and ending Saturday delivery service. **Verdict:** When it comes to forecasting the future, what we have here is a failure to deliver, but Tom Petty is good for a couple half-hearted yuks as a future version of himself.



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Actors to watch ... they will be stars in 2013



Selena Gomez

Where we've seen her: Practising magic on the Disney Channel's *Wizards of Waverly Place*, and on the arm of Justin Bieber — though not as much lately.

Why she'll be big in 2013: Don't pigeonhole this former child star just yet. Gomez turns in an attention-grabbing performance in Harmony Korine's *Spring Breakers* alongside Vanessa Hudgens and James Franco, in a film described as "Scarface meets Britney Spears."

Key quote: "Don't see it," Gomez said when asked what she'd tell her younger fans about *Spring Breakers*.



Teresa Palmer

Where we've seen her: As a gun-toting alien refugee in *I Am Number Four*.

Why she'll be big in 2013: The actress finds herself the object of a zombie's affections in *Warm Bodies*, out in early 2013, and later she shares the screen with Christian Bale and Natalie Portman in Terrence Malick's *Knight of Cups*.

Key quote: "You never know when the next up-and-comers will be in the spotlight so people forget you. There's no guarantees," says Palmer, keeping lists like these in perspective.



Dane DeHaan

Where we've seen him: Using his superpowers for evil in *Chronicle* and making moonshine with Shia LaBeouf in *Lawless*.

Why he'll be big in 2013: He steals scenes from Daniel Radcliffe in *Kill Your Darlings* and from Ryan Gosling in *The Place Beyond the Pines*, and he's just been tapped to play Harry Osborne in the next *Amazing Spider-Man*.

Key quote: "I don't know that I do spend a lot of time preparing myself for stardom," DeHaan says. "When someone comes up to me and tells me they really like me, I just say 'Thank you.'"



Anthony Mackie

Where we've seen him: Defusing bombs in *The Hurt Locker* and betting on fighting robots in *Real Steel*.

Why he'll be big in 2013: He teams with Josh Brolin and Ryan Gosling in *Gangster Squad*. Then he's got Michael Bay's action comedy about murderous bodybuilders, *Pain & Gain*, alongside Mark Wahlberg and Dwayne Johnson.

Key quote: "He's turned into a hot-fudge sundae since I worked with him the last time," Mackie says of re-teaming with *Half-Nelson* co-star Gosling. **MWN**

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THE BIG MOVIES OF 2013

Star Trek: Into Darkness

JJ Abrams has been keeping us waiting four years for the followup to his fantastic reboot of the sci-fi juggernaut. But if it's anything like the first film, the wait will have been well worth it. And with Sherlock star Benedict Cumberbatch coming onboard in a



highly-speculated-upon villain role, odds are it will impress.



The World's End

Speaking of long waits, Edgar Wright is going to finally — finally! — release the last entry in his Cornetto Trilogy, after Shaun of the Dead and Hot Fuzz. The film follows pals played by Simon Pegg and Nick Frost as they relive a pub crawl that may or may not coincide with the apocalypse.

Ender's Game

Science-fiction fans have been waiting a long, long time for a film adaptation of Orson Scott Card's tale of kids training to battle aliens in the near future, but the wait is (almost)

over. The cast is stacked with the likes of Harrison Ford, Sir Ben Kingsley and Viola Davis, plus high-brow younger talent like Hailee Steinfeld (True Grit), Abigail Breslin (Little Miss Sunshine) and Asa Butterfield (Hugo) as Ender.

Don Jon's Addiction

After learning on the job from directors like Steven Spielberg, Christopher Nolan and Rian Johnson in 2012, Joseph Gordon-

Levitt steps behind the camera himself for the first time with this modern-day take on Don Juan, co-starring Scarlett Johansson. Gordon-Levitt also stars and wrote the screenplay.



Man of Steel

There's a lot riding on Zack Snyder's attempt to reboot the Superman franchise seven years after Bryan Singer's droopy Superman Returns. If it succeeds, it

will serve as the jumping-off point for the Justice League, DC Comics' attempt to steal some of that Avengers thunder from rival Marvel. But will new star Henry Cavill make an impression with audiences?

Warm Bodies



This romantic comedy — about an undead boy (Nicholas Hoult) who falls for a potential victim (Teresa Palmer) looks to have plenty of wit, charm and life to it. It's no Twilight.

Kill Your Darlings

Daniel Radcliffe ventures the furthest he's gone yet from his Harry Potter roots in first-time director John Krokidas' true-life tale of the early days of the Beat Generation and the murder that nearly drove them apart. Radcliffe stars as poet Allen Ginsburg in his undergrad days at Columbia University.



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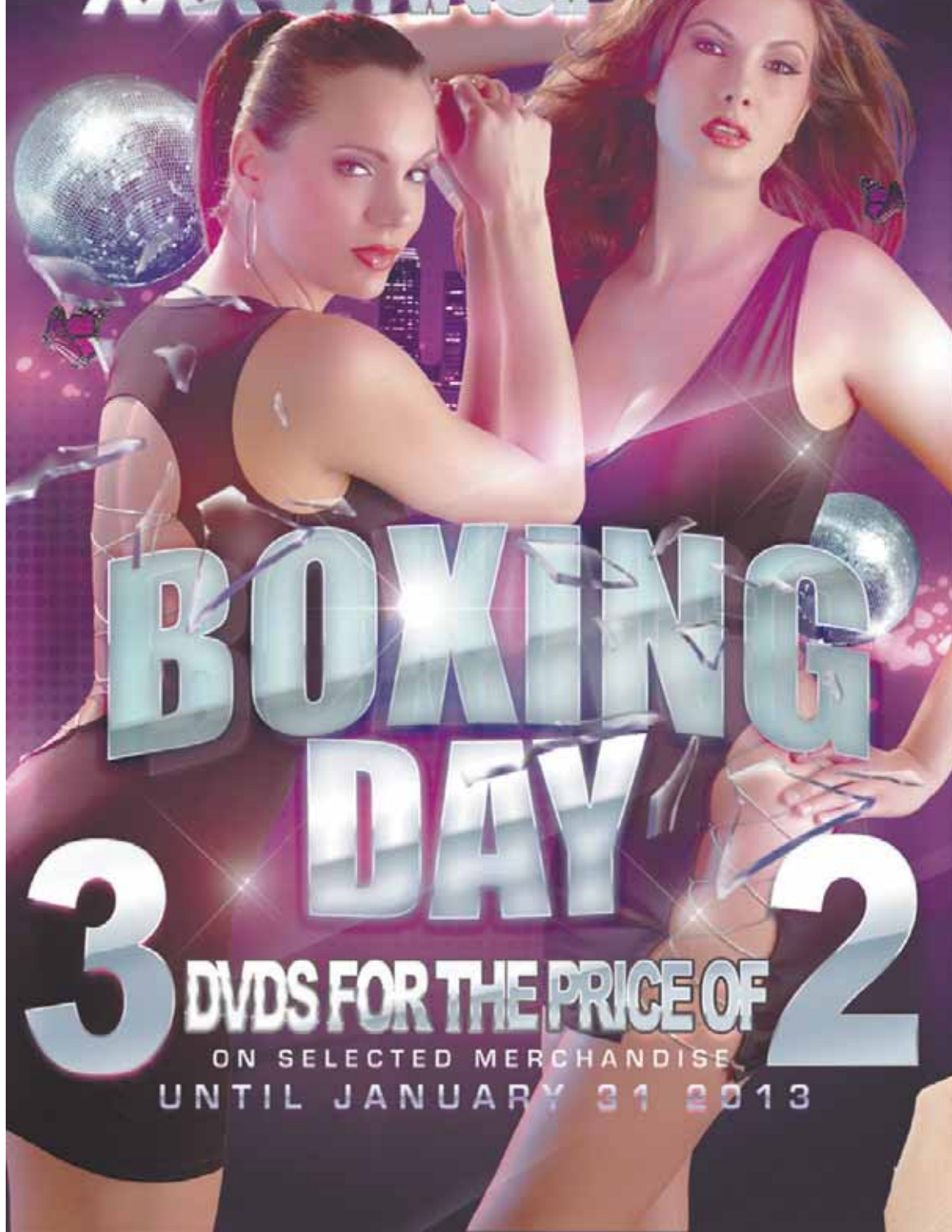
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Food trends don't come out of nowhere; they grow and evolve from years passed and embody the current thinking and influences of a culture. Like other artists, chefs get inspiration from the world around them, searching for new and tongue-tickling treasures. Fresh ideas, ingredients and techniques are highlighted in culinary competitions like Bocuse D'or in France, which serves as inspiration to restaurants first and then trickle into the mainstream. The following year, we see grocery stores and retailers introducing these same flavours and trends to give us home cooks a chance to play along. Next year will see us continue on a healthy/wholesome kick.

BY THERESA ALBERT, MYFRIENDINFOOD.COM



Year of the whole beast ...

"Nose to tail" cooking has been around for a few years as chefs strut their peasant pleasures and use up every bone and organ an animal can offer. Now, the idea has come home to roost. Look for "whole beast" parties to surge. Head on, big meals like roast suckling pig, whole duck on a spit and a whole salmon in a big backyard smoker will treat you this summer.



... and the veggies

As our global luck would have it, the opposite trend has taken hold as vegetarians, vegans and flexitarians take the reins. Veggies as a main dish won't be relegated to the sidebar. Look for kale, collards and other greens to be dressed for success with beans for the vegans and sausage or bacon for the rest to make a whole meal. It's a good thing too, because the numbers show that we still aren't eating nearly enough greens.

5 Delicious food trends for 2013

Off the rails taco fusions

Tacos are king but it isn't just the ground beef and chili powder variety that will make the grade anymore. Look for fusion flavours with Asian cabbage and Harris paste in a classic corn tortilla. The wilder the combo, the cooler it will be. Creative textures, shapes and sizes of the shells will morph too ... ice cream cone filled with pulled chicken with crème fraiche, anyone?



Seaweed so good

Darwinian beings came from the sea and now we go back to it for taste and nutrients. Seaweed is a huge "new" (yet ancient) food. No longer just wrapped around sushi or as dulse from the east coast, expect to find it in crackers, breads, as a topping and a snack. Seaweed, after all, contains more minerals than any other food on the planet. Look for sushi nori to crop up in salads and other recipes, and flavoured seaweed to come to a potato chip aisle near you.



The tiniest taste

Mini-me is key. Everything small is big. Going further than the tapas trend, this one allows one mouthful of a pleasure to be enjoyed while leaving room for healthier fuel; baby burgers will incorporate herbs and greens, mini grilled cheese, mini corn dogs and super cute cubes of cake satisfy. Perhaps we have figured out that it doesn't have to be massive to hit the spot. (Here's hoping!)

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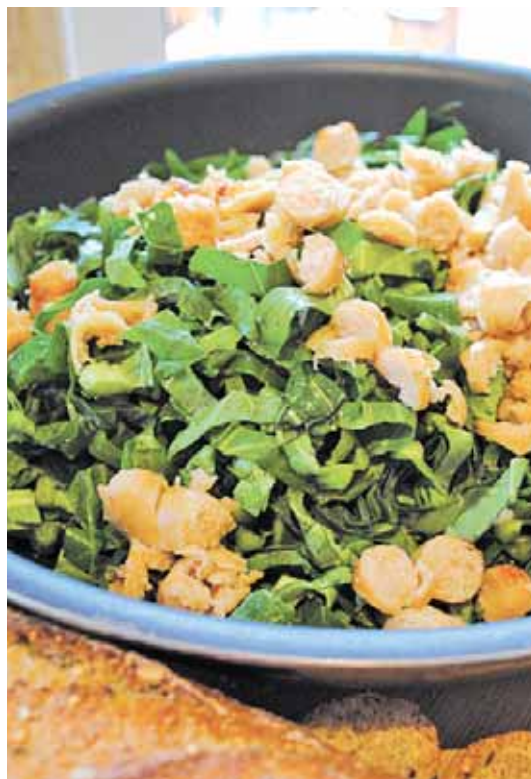
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Collard Greens with Sausage



Collards are killer if you know how to make them right. THERESA ALBERT

Collard Greens are cheap and yet are one of the most popular vegetables. What a combo!

Many, though, don't know how to cook them. In the Southern U.S. they simmer them low and slow. Brazilians sliver them into thin strips and do a quick sauté. Our method is somewhere in the middle to save you time and keep the leaves al dente.

This flexitarian meal can be completely vegan or sausaged to the nines to suit your group. Keep toppings separate and serve as a main course with a crusty loaf of bread and some nice hummus or sharp cheese.

1. Rinse greens and chop off stems. Discard. Roll leaves width wise in stacks of 4 or 5 leaves. Slice thinly across the leaf (chiffonade) to create ribbons that are about 1/4 inch thick or less. Place into a large pot with a lid containing 1/4 cup of water. Bring to a boil, then turn down to simmer over medium-high heat to cook down for 15 minutes, stirring occasionally. Stir in butter, honey, salt and white pepper. Simmer fur-

ther for 15 minutes.

2. Place toppings in bowls on the table and serve with warm bread.

3. Enjoy!

THERESA ALBERT

Ingredients

Serving Size: 8,
prep time: 10 minutes

- 2 bunches collard greens — about 10 cups chopped
- 1/4 cup water
- 1 tbsp butter
- 1 tbsp honey
- 1 teaspoon salt (or less to taste)
- 1 teaspoon white pepper

Toppings

- 2 cups cooked breakfast sausage, cooked bacon or canned white beans that have been warmed

Sushi for dummies. Add salmon, chicken or pork for extra taste



Ingredients

Serves 4, Prep Time: 5 min

- 2 Cups, cooked, short grain rice (or any other leftover rice)
- 2-3 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 cup sliced cucumber
- 1/2 cup carrot, grated or shaved
- 1/2 cup diced red pepper
- 2 sheets toasted nori, ripped or cut into pieces
- 1/2 avocado

1. Place rice on individual plates or bowls.

2. Season with vinegar and soy sauce — stir with a fork (so rice doesn't clump together).

3. Top with remaining ingredients.

THERESA ALBERT

Theresa Albert is a food communications consultant and nutritionist in Toronto. She is @theresaalbert on twitter.



Baby Spinach Burgers with Blue Cheese

Yum. Turkey beef burgers with a twist

1. Finely chop baby spinach and set aside. In a large bowl mix bread crumbs, egg, ketchup and Worcestershire and both ground meats.

2. Mix baby spinach into burger mixture.

3. Form 12 small oval patties with the burger mixture and set aside on a cookie sheet. Preheat a cast iron skillet, smear with

a drizzle of oil and wipe with paper towel. Cook 4 to 6 burger patties at a time over medium heat for 15 to 20 minutes, turning once or twice.

4. For Blue Cheese Sauce: mix sauce ingredients together in a small bowl to serve as topping.

5. Serve 2 to 3 mini burgers on whole wheat dinner rolls with a side salad or veggies to dip as an entree or just one as an appetizer.

6. Dig in!

THERESA ALBERT

Ingredients

Serving size 4,
prep time 15 minutes

- 1 cup spinach leaves
- 3/4 cup bread crumbs, seasoned
- 1 egg
- 2 tbsp ketchup
- Few shakes Worcestershire sauce
- 1 pound extra lean ground beef or bison
- 1/4 pound

ground turkey
• 4 whole wheat dinner rolls

Blue Cheese Sauce

- 1/2 cup plain low-fat yogurt
- 2 ounces blue cheese
- 1/2 tsp Dijon mustard
- salt and pepper



For an extra-lean version, try bison instead.

THERESA ALBERT

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Horoscopes reveal what 2013 has in store

♈ Aries

March 21 - April 20

The New Year has arrived and with it loads of responsibilities. Expect to be thrown into uncanny situations throughout 2013 that will unfold into valuable lessons, ones that will teach you more about yourself than others.

♉ Taurus

April 21 - May 21

Career will be challenging for the first part of 2013. However, with patience by mid 2013 you will not drive yourself up the wall hoping for that perfect job because you will realize you are already in it, or magically you will be placed into it.

♊ Gemini

May 22 - June 21

Romance and personal relationships will be a concern in the first quarter of 2013, but by Spring you experience a shift in the romance department and your focus will mainly be on friendship and family. One tip for 2013: Try not to take people too seriously. Especially those who take themselves way too seriously!

♋ Cancer

June 22 - July 23

Think more progressive and positive. You have the tendency to over think things way past the point of healthy pondering and at times that causes you to undertake unnecessary emotional torment caused by thought. In 2013 you can flip the script just by flipping your thought pattern.

♌ Leo

July 24 - Aug. 23

This entire year will be one of personal challenges for you. Don't fret, these will be positive challenges. You will be learning facts about your character, ones that you may not like so much. Nevertheless, this will cause you to practice new personality skills and by 2014 you will feel like a new person.

♍ Virgo

Aug. 24 - Sept. 23

In 2013 people will appreciate that you do not have to be told what needs to be done. You just get it done. You will be viewed as on-the-ball and that means Managers, supervisors, co-workers, friends and family, will flock to you for advice regarding a multitude of concerns.

♎ Libra

Sept. 24 - Oct. 23

Do not be discouraged when plans refuse to unfold according to your wishes, and especially in the love department. Expect fluctuations of high ups and low downs and you will not be disappointed when loved ones say one thing but do another. Just do your best to be your best and 2013 will be relatively cool.

♏ Scorpio

Oct. 24 - Nov. 22

Some people feel you can be harsh at times. Like the old saying goes "it's a dirty job, but someone's gotta do it" and you do it well because you know how to keep it real. So in 2013 when you are packing a punch do not second guess or guilt trip yourself... You gotta do what ya gotta do!



Career, romance, family — just check your astrological sign. ISTOCK IMAGES

♐ Sagittarius

Nov. 23 - Dec. 21

This will be a year of love, joy and peace for you. Of course there will be some bumpy roads during the ride, but nothing will be too much for you to handle. Winter brings love. Spring will offer joy in career. Summer brings peace. Fall will have you busy like a bee, but you will make loads of honey money.

♑ Capricorn

Dec. 22 - Jan. 20

In 2013 if anyone dares to impose havoc on you or anybody you care for, they will feel your wrath. Your authoritative side will rise in February and will not ease up until early Fall. Your gentle side will be reserved for those who behave.

♒ Aquarius

Jan. 21 - Feb. 19

Listen to your heart. It will speak loud and clear all throughout 2013. Your gut instinct will be on point and if you ignore your intuition you will want to kick yourself. So to prevent unnecessary upset, pay attention to your inner voice and follow through on what it is saying.

♓ Pisces

Feb. 20 - March 20

Money will flow to you more regularly in 2013, but first you will have to develop a better relationship with dollars and coins by saving your cash and refusing to spend frivolously. **CERISE FAIRFAX, LIFE COACH AND ASTROLOGER (CERISEFAIRFAX.COM)**

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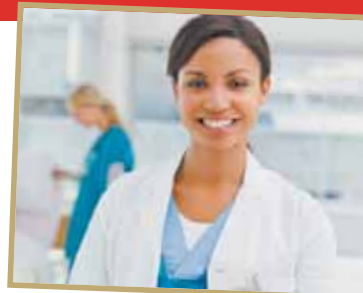
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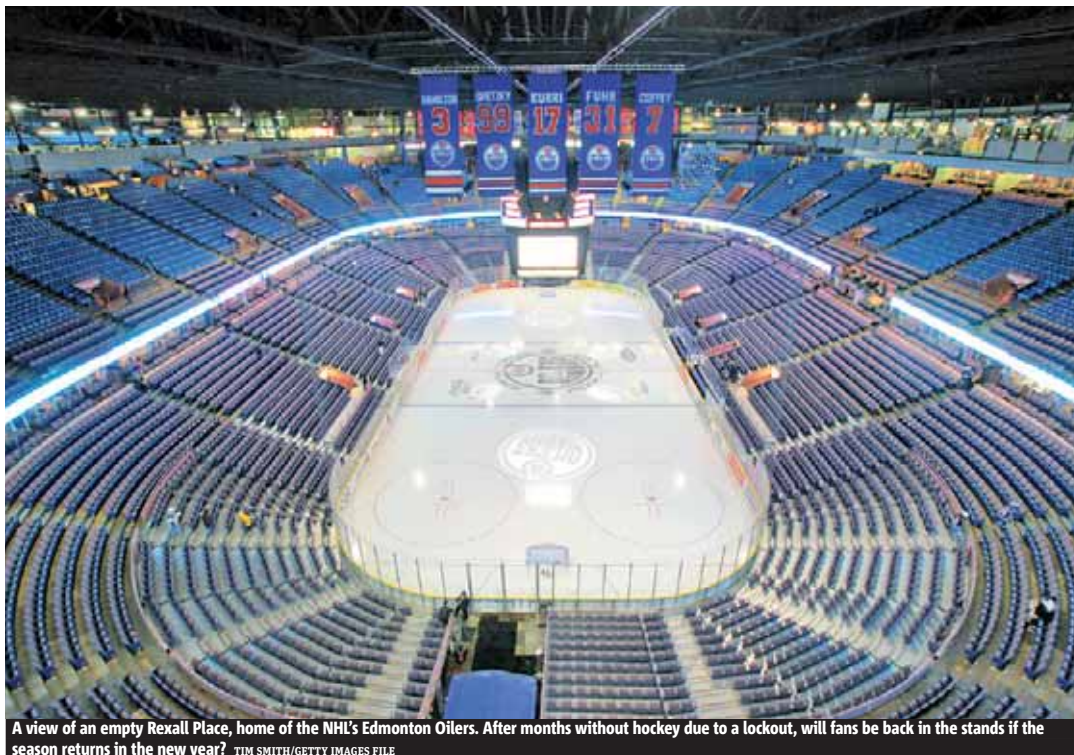


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Fed up fans to lock out NHL with boycott pledge



A view of an empty Rexall Place, home of the NHL's Edmonton Oilers. After months without hockey due to a lockout, will fans be back in the stands if the season returns in the new year? TIM SMITH/GETTY IMAGES FILE

Just Drop It. Campaign calls for hockey supporters to drop everything related to the sport after Dec. 21



PHYLICIA TORREVILLAS
Metro in Vancouver

Steve Chase and his friends pledge to boycott one NHL game for every game cancelled after Dec. 21 and they're sticking by it.

The 55-year-old commer-

cial director, a Montrealer who lives in Los Angeles, started a grassroots campaign called Just Drop It that encourages fans to drop everything hockey-related — no merchandise, no TV, no game tickets.

"We don't want to destroy our game," he told Metro. "We just want them to pay attention to us.... We decided a fair thing would be to just make it one for one. If you cancel a game, we cancel a game."

Chase created a video that has been viewed a total of 100,000 times on YouTube and Vimeo, as well as a Facebook

Quoted

"They will support the team at the end of the day no matter what."

Dr. Joti Samra on the psychology of sports fans

page, which already has more than 19,000 likes.

"Our goal was to be heard," he said. "We're knocking on the door of that meeting saying, 'Guys, we're the people paying you. We're a little annoyed that you're disregarding and disrespecting us.'"

Chase said he hopes fans will live up to the pledge's

challenge.

"I hope people stick to it because we need to send a little bit of a message: 'Guys, don't do this again,'" he added.

But Dr. Joti Samra, host and psychologist on the Oprah Winfrey Network's Million Dollar Neighbourhood, said that fans may be upset

now about the contract negotiations, but they're not going to be able to resist the temptation.

"When it comes to sport we're pretty forgiving fans, whether our team is playing or not, whether they win or not," she said.

"It's frustrating now because for a lot of people the big part of their social activities revolve around sports, especially this time of year when the days are shorter, and people are inside more ... but fans are fans. They will support the team at the end of the day no matter what."

Fan tweets

Will you tune in to hockey if the NHL returns in the new year?

@taboada93:

I don't think so it's so sad with how they're handling the NHL lockout. It's dragging on badly

@xonor8:

NO NO NO

@dhfromkw:

Yes, good things are worth waiting for. MTS Centre is always electric. Love being part of it.

@AlanSimpson:

No. What goodwill that was built by the return of the Jets is gone. Again.

@Primlar:

I plan to avoid as many @NHL games as are locked out, once a deal is reached. They lose this season, I'll skip 2013-14.

@dkwesty:

NO!!! going to stay with WHL And Sylvan Lake Admirals etc.

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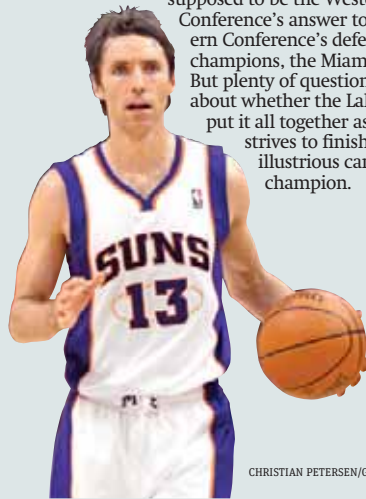


Hot Canadian athletes to watch

PHILIP CROUCHER AND MATTHEW WUEST
Metro in Halifax

Steve Nash

By the time the NBA playoffs roll around, the spotlight will be squarely on Vancouver's Steve Nash and the Los Angeles Lakers. The 38-year-old two-time most valuable player is in his 17th season and is still in search of his first NBA title. On a team loaded with big-name talent — Kobe Bryant, Dwight Howard, Pau Gasol and Metta World Peace — the Lakers are supposed to be the Western Conference's answer to the Eastern Conference's defending champions, the Miami Heat. But plenty of questions remain about whether the Lakers can put it all together as Nash strives to finish his illustrious career a champion.



CHRISTIAN PETERSEN/GETTY IMAGES



JEFF ZELEVANSKY/GETTY IMAGES

Georges St-Pierre

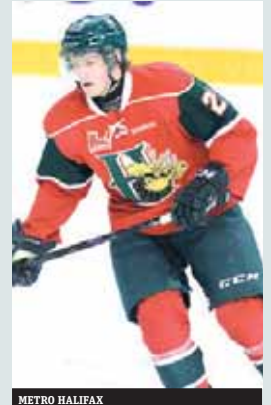
It will without question be the biggest fight in MMA history. Montreal's Georges St-Pierre is expected to square off against UFC middleweight champion Anderson Silva sometime in 2013 in what is being dubbed simply the "super fight." St-Pierre and Silva are considered the best pound-for-pound fighters in MMA, and the showdown should finally put to rest the question of who is the best. St-Pierre goes into 2013 on a high after winning a blood-filled five-round decision over Carlos (Natural Born Killer) Condit in November to unify the welterweight title. He also showed he has lots left in the tank after missing 18 months due to knee surgery.



CLIVE BRUNSKILL/GETTY IMAGES FOR ATP WORLD

Nathan MacKinnon

The electrifying forward from Cole Harbour, N.S., has been the front-runner to be selected No. 1 overall in the NHL draft for more than a year now. MacKinnon, 17, raises fans of the Halifax Mooseheads out of their seats with his high-octane speed and ability to score goals in bunches. He hails from the same hometown as Sidney Crosby — generating comparisons between the two despite significantly different styles of play — and is facing plenty of competition from Portland Winterhawks defenceman Seth Jones, among others. The battle could go right down to the wire on the draft stage at Prudential Center in Newark, N.J., on June 28.



METRO HALIFAX

Milos Raonic

With almost \$1.2 million in prize money and two tournament victories, 2012 was certainly kind to Toronto's Milos Raonic. But with success comes higher expectations and Canadian tennis fans from coast-to-coast will be looking for this 21-year-old power server to elevate his game even further in 2013. Fans will be watching closely at the four majors too, where Raonic went 8-4 this year. His best finish came at the U.S. Open where he made it to the quarter-finals before dropping a straight-sets decision to Andy Murray.



Graham DeLaet

Graham DeLaet isn't a household name to most Canadian golf fans but 2013 could be the year he becomes one. The Weyburn, Sask., native is coming off a solid season on the PGA Tour. DeLaet played in 23 tour events in 2012, made 17 cuts, finished in the top five twice and earned a cool \$1.05 million. His best finish was a tie for fourth in the Zurich Classic of New Orleans, and in the FedEx Cup playoffs DeLaet made it to the third round. All that's really left is his first PGA tour victory, which many think could happen in 2013.



SCOTT HALLERAN/GETTY IMAGES

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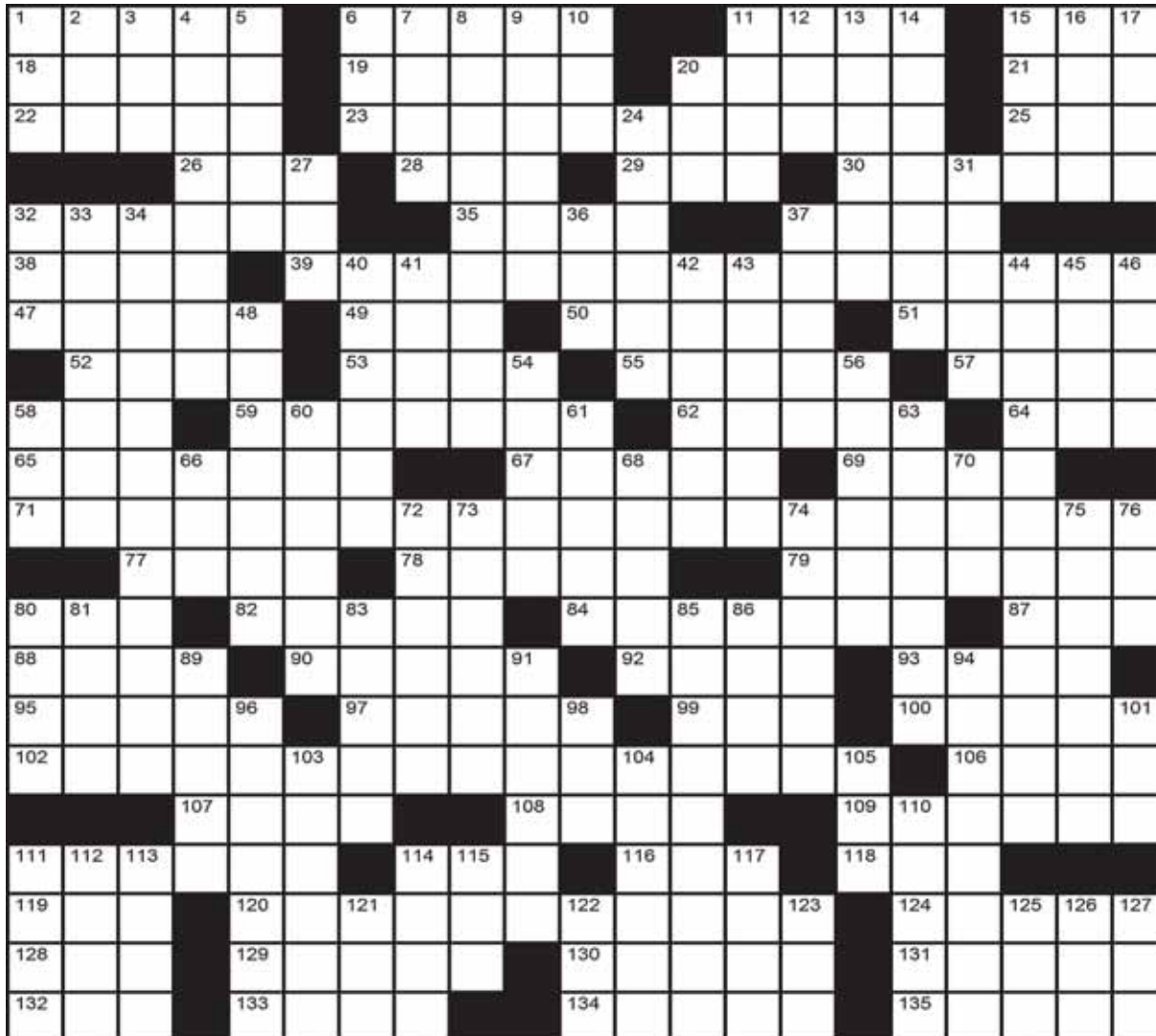
24/7

MAX 4 PEOPLE

Metro's crossword gift to you

Across

1. Syrup or leaf
6. NAFTA part
11. Niagara Falls' Maid of the ____
15. Russian city where Canada is now competing in hockey's 2013 World Juniors
18. Recipe instructions phrase
19. Mr. Quinn
20. Venetian traveller
- Mr. Polo
21. Chitchat
22. "Baby Beluga" troubadour
23. Prisoner 24601
25. Ex ____
26. Honest ____ Toronto
28. F.D.R. as F.R. instead
29. "Star Trek" starship, partially
30. Scarth Street locale
32. Levy
35. Tiara twinklers
37. Tabula ____ (Clean slate)
38. Newbie
39. Etiquette expert in Metro
47. Suzette's serving
49. "Well, now!"
50. Sea nymph
51. Harmony
52. Hairstyling request
53. Cuts wood
55. Moray catcher, say
57. Close-fitting
58. Deorbited space station
59. WWI: Harry Colebourn's "Winnipeg"
62. #23-Across hide-away
64. Natural ____
65. What an extra might have in dialogue
67. Elton John song
69. Specialist
71. It culminates (federally) on April 14th, 2013
77. Network VIP
78. Ewoks' forest moon home
79. Comes forth
80. John A. Macdonald
82. Hockey great Mr. Mikita, and others
84. Justin Timberlake, formerly
87. Mini Martians
88. Beverage company
90. Shoulder scarf
92. Calendrier component
93. Patsy Gallant disco hit: "From New York ____"
95. Wee hours time



97. "____ you loud and clear."
99. Movie studio
100. Quick bite
102. Marianas Trench and Hedley
106. Thunderstruck
107. Single-named supermodel
108. Utmost degrees
109. "Battle of the Blades" champ
- Ms. Bonhomme's
111. Dancer's move
114. Fruit drink
116. Oprah's ____! moment
118. Tom Mulcair's letters
119. Snowy ____
120. Scotiabank ____ (Literary award)
124. Toy company

128. Keanu's 'Matrix' role
129. Gnow geologically
130. Falcon-headed deity
131. "1234" songstress
132. Caravansary
133. HGTV undertaking
134. Sluggish
135. Pup's protests!

Down

1. Feb.'s follower
2. Inman's beloved in "Cold Mountain" (2003)
3. Comp. file
4. Yann Martel's book-turned-movie

5. Barenaked Ladies' title lady, and others
6. ____ Mahal
7. Nothing: French
8. "Cash Cab" host
9. Mr. Lanois, U2 producer
10. Letter's li'l jacket
11. Mil. ranks
12. Pique
13. Ancient Egypt's divine beetle
14. Gets in shape
15. Certain citrus
16. Gladly
17. "Dancing Queen" band
20. Real estate acronym
24. Kangaroo logo shampoo

27. Minute bit
31. Billionaire Bill
32. Company name abbr.
33. 007's drink
34. The Arctic Grail author
36. 'My' in Montreal
37. Freshen
40. Backpackers' lodging
41. Captain in 1956's "Moby Dick"
42. Lancome Paris perfume
43. Ms. Mirren's
44. They concern signage in Quebec
45. Quito is its cap.
46. Mr. Philbin, et al.
48. Royal realms

54. Lunchtime order
56. Fitness ____
58. Actress Gretchen
60. Makes official
61. French artist, Odilon ____ (b.1840 - d.1916)
63. Territory the Hudson's Bay Company controlled, ____ Land
66. Supervillain Mr. Luthor
68. Vice ____
70. Basic learning, informally
72. Edgar Allan Poe poem
73. Eve ____ (Playwright/activist)
74. Trojan hero
75. Whales' order
76. Feminine suffix
80. Sketch show
81. Hawkeye State
83. 'Decor' finishing
85. English setting of "Downton Abbey"
86. Microwave
89. Be silent, in music
91. Breadwinner
94. Making the most of Boxing Day sales
96. Kris Jenner, to The Kardashians
98. Polka's partner
101. ms. lang's
103. Diamond arbiter
104. River Styx ferryman
105. Subway stop, shortly
110. Enlighten
111. Ms. Braxton
112. Sound, Ontario
113. PayPal co-founder Mr. Musk
114. Shoe store
115. Canadian comic Gerry
117. Cote d' ____ (French Riviera)
121. Mr. Chaney Jr.
122. Greek letter
123. Founded, for short
125. Actor Mr. Wheaton
126. Web connector [abbr.]
127. Days opp.

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Visit metronews.ca/answers for the solution to this Boxing Day crossword puzzle and for the latest news during the holidays. The answer to our regular crossword and sudoku will be printed in Metro on Jan. 2



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hard

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